

Lava Cakes (for the Lovies in Your Life)

By Susie Iventosch



Marshmallow lava cakes for the lovelies in your life! Photos Susie Iventosch

I am a huge fan of marshmallows. Although this is still a work in progress, I am quite pleased with the latest results. In the first attempt, we used marshmallow cream in the center of the lava cakes, but it just melted away and integrated into the cake. Next, we tried burying the marshmallow in between spoonfuls of batter, completely covering the marshmallow, but the same thing happened. In this last attempt, I stuck the marshmallow right in the center of the batter in each cupcake tin, so that the top stuck out about 1/2 inch. This way, as the lava cake baked, the marshmallow spread out over the top and turned golden brown, as if perfectly roasted over the fire.

Serve these with a scoop of your favorite ice cream or frozen yogurt and drizzle chocolate sauce over the top. (I did not photograph it this way, so the marshmallow would show in the picture.)

The idea for this recipe came from a photograph I saw in a magazine, which looked like a nice, fluffy white center in the middle of the lava cake. I thought, "Wow, what a great idea, using marshmallows in the middle of lava cakes!" But, as it turned out, the white spot was simply the way the light reflected on the cake and there were no marshmallows anywhere to be found in the recipe. This did not deter me, since



THE APP RAP

By Eric Pawlakos

App: Wickr by Wickr Inc.
For: iPhones and Android phones
Price: Free

Encryption apps are becoming increasingly popular among a variety of users. This popularity is a result of the increasing body of evidence showing that data transmissions from smartphones can be intercepted and collected. However, there may be many instances where confidentiality of a smartphone transmission may be of paramount importance. That's where Wickr comes in handy. Wickr is much more than an app that encrypts your text messages. Using the most advanced encryption technology, it also allows you to safely and securely send audio, video, and voice messages. The company can't see the information you are sending, and when a message expires based on the user's self-destruct option, it is gone forever. The transmission leaves no trace, and it can never be recovered by anyone, including Wickr. The person who sends the transmission has complete control over who gets to see what, and for how long. This highly advanced encryption app brings 'sophisticated security and privacy technologies to everybody.' According to the company, their app is used by reporters,

senators, police, doctors, patients, lawyers, bankers, military, and so on. For example, insurance companies and hospitals use wickr to ensure that transmission of medical records is kept completely private. Basically, anyone who has a vital need to ensure their data is only seen by the desired recipient would have a use for Wickr. Thankfully, it is an incredibly easy app to use. In today's information society, where interception of data is a common occurrence, Wickr stands out as a must-have app.



Eric Pawlakos is a sophomore at UC Davis, majoring in statistics. He is a member of the UC Davis rugby team, and enjoys playing guitar in his spare time.

Dark Chocolate Marshmallow Lava Cakes



Lava cake batter with marshmallows

(Makes 12 regular muffin sized lava cakes, or 6 large muffin tins ... bake a little longer if using the large size.)

INGREDIENTS

- 6 ounces bittersweet chocolate, coarsely chopped
- 1 cube butter (1 stick), cut into pieces
- 2 teaspoons vanilla extract
- 1 tablespoon Ruby Port
- 1 cup powdered sugar
- 2 eggs
- 1 egg yolk
- 6 tablespoons flour
- 12 marshmallows

DIRECTIONS

Preheat oven to 400 degrees.

Melt butter and chocolate in a bowl in microwave. Remove from microwave and stir in vanilla and Port until smooth. Whisk in 2 eggs and egg yolk, again until smooth. Stir in powdered sugar and flour.

Prepare a muffin tin by spraying generously with cooking spray. Evenly distribute batter in each tin. Depress a marshmallow in the center of each muffin tin.

Bake for approximately 12 to 15 minutes, or until marshmallows are beginning to look roasted. (Baking time also depends upon how gooey you like the center.) Remove from oven and allow to sit for a couple of minutes. Then, using a cutting board against the top of the pan, invert muffin tin to remove lava cakes. Turn cakes right side up again onto dessert plates, and serve immediately with a scoop of strawberry ice cream or frozen yogurt, which is especially nice for Valentine's Day! Drizzle with your favorite chocolate sauce.

*If you refrigerate these and save them for later, they will be a little bit more like a very fudgy brownie as opposed to a lava cake.

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziventosch@gmail.com. **This recipe can be found on our website:** www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

Lamorinda Weekly

is an independent publication, produced by and for the residents of Lafayette, Moraga and Orinda, CA

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Advertising: 925-377-0977, Wendy Scheck; wendy@lamorindaweekly.com
Circulation: 26,600 printed copies; delivered to homes & businesses in Lamorinda.

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Layout/Graphics: Andy Scheck, Jaya Griggs.
Printed in CA.

Lamorinda Weekly,
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